

**Crew Off Duty • MOLNIYA-SM Experiment**

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
11:15–12:30	FE-1	Physical exercise (TVIS)
11:15–11:20	CDR	ELECTRON-VM: monitoring free air in the gas/fluid mixture
11:20–11:25		Calldown of CП counter status ( <i>S-band</i> )
11:25–11:30		Calldown of CBO water supply status ( <i>S-band</i> )
11:30–12:30		Physical exercise (VELO + Load Trainer-1 / day 3)
12:30–13:30		LUNCH
13:30–13:35	FE-1	IMS auto import/export
14:20–14:35	CDR	Private family conference ( <i>S-band</i> )
16:00–16:15	FE-1	
16:20–16:45	CDR	Maintenance of COЖ
16:45–18:15		Physical exercise (TVIS-3)
17:00–18:15	FE-1	Physical exercise (RED)
18:15–18:45		Daily plan review
18:45–19:00		Daily planning conference ( <i>S-band</i> )
19:00–19:30		Prep for work
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

<b>Task List</b>	CDR	URAGAN Earth observations
		DIATOMEA ocean observations
		MOLNIYA: payload teardown

**Note:** See OSTP for references to US activities.

End of radiogram